

Developmental Stages in Children



The following chart provides general guidelines on developmental milestones for children ages 0 to 5 years. Remember, children develop at their own rate and in their own way. If you have any concerns, please discuss them with your child's health care provider.

Age	Gross Motor	Fine Motor Hand-Eye Coordination	Self-Help Skills	Sensorimotor Skills	Receptive Language	Expressive Language	Sounds
3-4 months	Lifts head when held sitting. Lifts head and chest when on stomach. Rolls from stomach to back.	Visually tracks past midline. Brings a toy to mouth.	Reaches for objects.	Can right neck against gravity. Turns head to avoid covering over face.	Startles at the sound of a bell or other loud noise. Responds to voices.	Smiles. Laughs.	Makes single vowel-consonant sounds (e.g., coo, goo, cah).
6 months	Sits alone. Rolls from back to stomach.	Grasps a toy and brings it to midline.	Begins to eat solids. Works for toy out of reach.	Reaches across midline to grasp objects.	Turns head to locate sound.	Squeals. Begins to make a variety of sounds.	Babbles (e.g., pa, ba, ma).
9 months	Crawls. Gets in and out of sitting independently.	Holds two blocks and transfers them from hand to hand.	Holds bottle. Plays peek-a-boo and pat-a-cake. Feeds self a cracker.	Uses pincer grasp.	Responds to name, 'no' and familiar sounds.	Babbles. Waves bye-bye.	Imitates sounds (e.g., mama, baba, papa).

(continued on inside)

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12 months	Pulls to standing. Walks with help.	Builds tower of two blocks. Uses pincer grasp with thumb and index finger.	Chews food. Scoops with spoon.	Displays righting reactions in sitting. Corrects balance to help prevent falling.	Follows one-step command. Responds to 'no' and 'bye-bye.'	Says 'mama' and 'dada' (non-specific). Uses two to six words.	Babbling with varying combinations (e.g., pa-da-ma).
18 months	Stands from floor without help. Walks well. Attempts to run.	Scribbles. Imitates a line with a crayon. Builds tower of four blocks.	Drinks without help. Removes some clothing independently.	Walks carrying a large object. Tells difference between hot and cold.	Points to one or more body parts. Identifies objects when asked.	Says 'mama' and 'dada' (specific). Uses 10 to 50 words.	Simplifies words (e.g., wah for water).
2 years	Jumps off a step. Walks up and down steps with rail. Runs.	Strings one-inch beads. Uses a toy hammer.	Puts on some clothing. Unwraps small items (candy).	May begin to show hand preference.	Follows familiar two-step commands. Engages in back-and-forth play.	Uses two-word phrases.	Uses H, N, M, W, P in words. 50% of speech can be understood.
2.5 years	Walks up and down steps.	Snips with scissors. Copies a circle. Completes a five-piece puzzle.	Spears food with a fork. Washes and dries hands.	Stops or turns to avoid obstacles when running.	Points to smaller body parts (toes, fingers). Recognizes actions in pictures.	Uses pronouns. Asks 'who,' 'what,' and answers 'where' questions.	Uses B in words.
3 years	Pedals a tricycle. Hops on one foot.	Cuts paper in half. Builds tower of 10 blocks.	Gets a drink. Takes off shoes. Turns knob to open a door.	Catches a large ball with both hands.	Understands prepositions (e.g., in, on). Points to objects by function.	Uses past tense three-word sentences, plurals and articles.	Uses K, G, D, T in words. 75% of speech understood by family.



Age	Gross Motor	Fine Motor Hand-Eye Coordination	Self-Help Skills	Sensorimotor Skills	Receptive Language	Expressive Language	Sounds
3.5 years	Throws a ball overhead. Stands on one foot.	Copies a cross. Screws and unscrews lids. Colors within lines.	Feeds self with a fork. Dresses without help.	Negotiates playground equipment independently.	Knows shapes, sizes, colors and own age and sex.	Uses four-word sentences with good grammar.	Uses F and Y in words.
4 years	Does a somersault. Runs with good speed.	Copies a square. Cuts along simple outline. Draws a face.	Cares for self at toilet. Washes own face.	May display established hand dominance.	Understands comparisons.	Tells age and full name.	Uses '-ing' in words.
4.5 years	Skips. Stands on one foot for 10 seconds.	Draws a person with four parts. Completes 10-piece puzzle.	Brushes own teeth. Buttons and zips clothes.	Rides a bicycle with training wheels.	Knows time and quantity concepts.	Gives verbal response to 'why' questions.	Uses L in words.
5+ years	Kicks a ball into the air. Bounces and catches a tennis ball.	Prints full name. Copies a triangle. Draws a person with eight parts.	Blows own nose. Ties shoes. Combs and brushes hair.	Follows three-step sequence.	Able to sequence events.	Uses adjectives to describe objects and people.	Uses R, TH, STR, CH, SH, J, Z, S, V in words. 90% of speech is understood.

Providence Neurodevelopmental Center for Children

Community physicians and health care providers refer children to Providence Neurodevelopmental Center for Children because we help identify and treat developmental concerns. In our clinic, developmental pediatricians work with the psychologist, therapists, audiologists, dietitians and social workers to create programs tailored to the needs of each child. This collaboration allows us to get the best results by evaluating each child's ongoing needs and providing appropriate therapies.

For more information, visit www.ProvidenceOregon.org/pncc.

To support our work

Services for uninsured or underinsured children with developmental concerns are made possible through philanthropy. To learn how you can help, visit www.providencefoundations.org/childcenter.

OUR MISSION

As people of Providence, we reveal God's love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES

Respect, Compassion, Justice, Excellence, Stewardship

Providence Neurodevelopmental Center for Children

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